



## Athletics Wicklow Off Road Championships

- **Age**  
**Under 18 yrs** or over on the 31st of December in the year of competition.  
Team scores are calculated for the first athletes across the line, unless otherwise declared. Scores are calculated based on finishing times; the youngest age of the team will apply as the team category.
- **Medals:**  
Individuals  
Senior Men and Senior Women: 1st, 2nd, and 3rd  
Masters Men and Masters Women: 1st, 2nd, and 3rd in O35, O40, O45, O55, O60, O65, O70, O75, and O80.
- There is no overall podium medals - if the first M40 finishes third, he is awarded the Gold medal in his category and not a Bronze medal for 3<sup>rd</sup> place in the race.
- **Teams**  
Senior Men and Senior Women - 3 to score, 1st, 2nd, and 3rd teams.  
Master Men and Master Women - 3 to score, 1st, 2nd, and 3rd teams in O35 and O50.  
There is no limit on the number of teams a club can enter  
Over-50s can score on the over-35 team or the senior team, but they can only score on one team.  
  
Teams declarations are the same as for Athletics Wicklow Road Race.
- **Juvenile Age Groups**  
Under 12's (must be 11 years old by the date of the championship) to Under 17.  
Advisory Note - only athletes whom a club believes are capable of running in the event should be entered.  
Under 18 - If an athlete is 17 years old they are an U18 and can run the 10 km. as per AAI Rules